

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611 **(203) 452-5199** **May 2026**

Membership Renewal



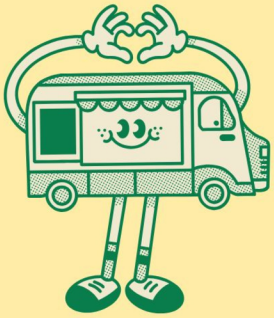
It's that time of year! Membership renewal is due June 30, 2026. Please stop by the front desk for a new, 2026-2027, membership application. Membership is required to participate in all programs and activities, including our zoom programs. The annual resident fee is $10 and the annual non-resident fee is $30. Our membership year runs from July 1st through June 30th. *Need based scholarships are available for Trumbull residents.*

Students Leaving a Mark - Ice Cream Social

SLAM LEADERSHIP PRESENTS

ICE CREAM SOCIAL

FREE ICE CREAM, POPCORN, COTTON CANDY, & LIVE DJ



Celebrate Mental Health Awareness Month with fun, games, and lots of prizes!

MAY 19, 5PM | OLD MINE PARK

Mary J Sherlach Counseling Center
121 Old Mine Road, Trumbull
203-452-5193

Generations in Art

Generations in Art
Monday, May 18th at 10:00 AM

Join us for an intergenerational art program that brings Trumbull High School students and senior center members together for conversation and creativity. Pairs/groups share stories, choose a prompt, and each design a small art square using drawings, colors, and words. The squares are then assembled into a collaborative quilt-style collage that celebrates connection, creativity, and shared experiences across generations. **To sign up, please call (203) 452-5199.**

Alzheimer's & Dementia

Understanding Alzheimer's and Dementia
Monday, May 4th at 10:30 AM

Join Danielle Ramos and Nurse Susan to learn about current research and treatments of Alzheimer's. ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking, and behavior.

Join us for this informative presentation to learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.

The presentation will include a light breakfast and fun raffle! **To sign up, please call (203) 452-5199.**

Trumbull Pool Openings



Beach Memorial Pool will be open beginning May 23rd through mid-June from 12:00 PM to 6:00 PM daily. Tashua Knolls Pool is expected to open mid-June, and hours for both facilities will be updated accordingly. Please call Parks & Recreation at (203) 452-5060 with any questions.

The senior center will be closed on Monday, May 25th in observance of Memorial Day.

Care Connection
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Attorney at Law
Denise@DeniseMortati.com
Specializing in Estate Planning | Probate | Elder Law
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Staff Directory

Director of Human Services
Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

SENIOR CENTER (203) 452-5199
Senior Center Coordinator
Ronnie Mogensen (203) 452-5000 ext. 7772
rmogensen@trumbull-ct.gov

Front Desk
Amanda DeBernardo (203) 452-5199
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Judy Cahill (203) 452-5199
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TRANSPORTATION (203) 452-5137
Lead Bus Driver
Erinne Lukaniec (203) 452-5137
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SOCIAL SERVICES (203) 452-5198
Social Services Coordinator
Jennifer Gillis B.A. (203) 452-5133
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Social Services Administrative Support
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Food Pantry
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kseferi@trumbull-ct.gov

Wellness Nurse
Susan Clay, BSN RN (203) 452-5134
sclay@trumbull-ct.gov

First Selectman (203) 452-5005
Vicki Tesoro
Firstselectman@trumbull-ct.gov

Priscilla Place Café (203) 452-5199 Ext 3

Hours of Operation

SENIOR CENTER HOURS:
Monday—Friday 9:00 AM—3:30 PM

SOCIAL SERVICES HOURS:
Monday-Friday 9:00 AM—4:00 PM
Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday
By appointment only, please call (203) 452-5136.

Commission on Aging

Ron Foligno: Chair
Mark Ryan: Vice Chair
Paul McGeary: Secretary
Barbara Crandall: Clerk
Kathleen Bordelon
Linda Randall
Eve Rothbard
Evelyn Wiesner

Membership July 1st - June 30th

You can join at anytime throughout the year.
Resident Annual Fee: $10
Non-Resident Annual Fee: $30
Newsletter Mailed: $10 annually
You may print our membership form out online:
https://www.trumbull-ct.gov/Archive.aspx?AMID=50
or call the office at (203) 452-5199.

Mission Statement

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

Important Phone Numbers

Elder Justice Hotline: 1-860-808-5555
Agency on Aging: (203) 333-9288
211: Referrals to local resources. Call 211
VFW: Graham Bisset (475) 243-3811
The American Legion: Ernie Foito (203) 913-5689

Trumbull Community Television

TRUMBULL COMMUNITY TELEVISION

Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

Social Media Pages

FOLLOW US ON FACEBOOK:
https://www.facebook.com/TrumbullSeniorCenter/

FOLLOW US ON INSTAGRAM:
@trumbullseniorcenter

May Birthdays

We would like to wish a very happy birthday to:

- Ranjit Arora
- Carol Abrams
- Laura Balusek
- Anthony Benefico
- June Bennet
- Mamata Bharucha
- Ali Bierman
- Louise Broadhurst
- Therese Carey
- Lillian Cavaliere
- Beverly Charland
- Sumitra Dahiya
- Colleen Dimeglio
- Anthony Dorta
- Kathy Fensky
- John Fiorini
- Ronald Foligno
- Linda Fratino
- Helen Gramesty
- Brian Griffin
- Mary Hammer
- Bunnie Hovan
- Nicholas Iannuzzi
- Patricia Johnson
- Ronald Kosarko
- Peter Leone
- Robin Lisi
- Charity Marlowe
- Barbara Marrash
- James Miccio
- Anne Moriya
- Mary Ellen Moyher
- Raymond Neeley
- Julie Nyitrai
- Linda Ortiz
- Janice Pacanowski
- Lynn Patti
- Eileen Piquette
- Josephine Rivera
- Jane Romano
- Pamela Rule
- James Saboe
- Donna Scarpelli
- Elizabeth Stella
- JoAnne Veltri
- Helda Venegas-Llecca
- Michael Ward

8-Week Painting Class

8-Week Painting Workshop
Meets Every Friday from
March 6th —May 1st
10:00 AM to 12:00 PM

Join instructor Jill Harrington-Nichols for this 8-week painting workshop. Students will paint a subject of their choice with individual attention from the instructor. **Registration for this workshop is closed. Please see below for Jill's upcoming 4-week workshop.**

4-Week Painting Class

4-Week Painting Workshop
Meets Every Friday from
May 15th —June 5h
10:00 AM to 12:00 PM

Registration for this class opens on Monday, April 27th

Join instructor Jill Harrington-Nichols for this 4-week painting workshop. Students will paint a subject of their choice with individual attention from the instructor. Bring in a photo or sketch for reference. Topics covered include color, color theory, mixing, brush techniques and more. Paint in the medium of your choice (watercolors, oil or acrylic. It is helpful to have basic knowledge of materials but this class is suitable for beginners and more advanced painters. Students are responsible for their own supplies (a list will be provided for new students).

Cost for Residents: $10
Cost for Non-Residents: $20
To inquire about openings, please call the main office at (203) 452-5199 once registration has opened.
Payment must be received within one week of signing up or your spot will not be guaranteed.
Payments are non-refundable.

Registration is required. Due to the limited number of spaces available for this workshop, 70% of the seats will be reserved for Trumbull Residents.

Sign Language Classes

- **Continuing Sign Language**
  Wednesdays at 10:00 AM
- **Intro to Sign Language**
  Wednesdays at 11:00 AM
  (No experience necessary)

To sign up, please call (203) 452-5199.

Spring Brunch

Spring Brunch & Comedy Show
Friday, May 1st
10:45 AM to 1:00 PM
Cost: $10 for Residents
$15 for Non-Residents
This event is currently full. Waitlist is available

Join us for a spring brunch and comedy show! Please be sure to be checked in and in your seats by 11:00 AM for a 30-minute comedy show featuring comedian Linda Belt. Brunch will be served at the conclusion of the show.

Reservations are required and can be made by calling (203) 452-5199 or in person. Membership is required at the time of sign up (no exceptions). You may sign up yourself and no more than one other member. Payment must be received within one week to hold your seat. There will be assigned seating for this event, requests will be taken at time of signup but requests are not guaranteed.

Poetry Roundtable

Poetry Writers Roundtable
Monday, May 11th
10:00 AM—11:30 AM
2nd & 4th Monday of each month

Calling all poets to join published poet, Emerson Gilmore, for a Poetry Writers Roundtable! Share your work, get feedback, and connect with other poets. All levels welcome. Take that old notebook off the closet shelf and engage the art and craft of writing poetry. This group will meet the second and fourth Monday of every month at 10:00 AM. **To sign up, please call (203) 452-5199.**

Improv Workshop

Fun, Laughter, Connection through Improvisation (Improv)
6-Week Workshop
Thursdays at 1:00 PM
April 2nd through May 14th
(No class on 4/16)

Improv is the art of acting in the moment and saying "Yes!" to whatever comes next. No acting or public speaking experience needed just bring yourself and your sense of humor!

Join Tori Lawlor, Improv/Acting teacher of over 13 years for a fun new class where students will learn the basics of Improv through interactive activities that sharpen your memory, boost confidence and critical thinking and decrease stress. **Prior attendance is not required, drop in anytime! To sign up, please call (203) 452-5199.**

Floral Arrangements

Floral Arrangement Class
Thursday, May 21st
at 10:30 AM
Cost: $2 per person

Restorative Blooms, a local non-profit, will be hosting a flower arranging workshop! Unleash your creativity while surrounded by beautiful fresh flowers! Join Allie, a Horticulture Therapist, in creating your own flower arrangement to take home or gift to a loved one. No experience necessary, guidance and materials provided! Limited Spaces. Membership and registration are required. **Please call (203) 452-5199 to reserve your seat.**

BrainBoosters

Coming in June:
BrainBoosters

This 8-week workshop has high-energy brain training workouts that are as much fun as they are effective. Stay tuned for more information in our June newsletter!

IN PERSON PROGRAMS AND GAMES CAREGIVERS ARE ALWAYS WELCOME!

Book Club—1st Monday of every month at 11:00 AM

- **Monday, May 4th**—Swan Song by Elin Hilderbrand
- **Monday, June 1st**—Be Ready When the Luck Happens: A Memoir by Ina Garten

Brain Games
Thursday, May 7th & 21st at 9:00 AM
1st & 3rd Thursday of each month.
Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

Watercolors with Renu
Wednesday, May 6th
10:00 AM to 11:30 AM
Cost: $5 for residents and $7 for non-residents. Payment is due within one week of signup.
Join Art Strokes Instructor, Renu Vora for this water lilies painting class inspired by Claud Monet, it will use a combination of oil pastels and watercolors. No experience necessary. All supplies will be provided and are built into the cost of the workshop. **To sign up, please call (203) 452-5199.**

Art of Home Organizing & Downsizing
Thursday, May 7th
at 10:30 AM
Join Stephanie Radman, founder of professional home organizing business, Mayflower Home Organizing, for an insightful speaking event, "The Art of Home Organizing". This dynamic presentation will empower individuals to transform their living spaces through effective home organizing and de-cluttering strategies. This lecture is designed to inspire, educate, and provide actionable steps for attendees seeking to reclaim their homes and lead more organized lives. **To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, May 12th at 1:00 PM**
  Sponsored by Caring For You Home Care
- **Friday, May 29th at 12:30 PM**
  Sponsored by Care Connection by Stratford VNA

To RSVP, please call (203) 452-5199.

Positive Living with Nurse Susan
Thursday, May 14th
at 9:00 AM
2nd Thursday of every month
Join Nurse Susan every month for coffee and discussion on a variety of topics. This month we will be discussing how your family and extended family experience illness. Also, natural remedies you use when you're under the weather. Does a piece of chocolate and some sunshine help you feel better mentally? Come for the fellowship and some great raffle prizes! **To sign up, please call (203) 452-5199.**

Coffee Painting with Renu
Wednesday, May 20th
10:00 AM to 11:30 AM
Cost: $5 for residents and $7 for non-residents. Payment is due within one week of signup.
Join Art Strokes Instructor, Renu Vora for a fun landscape painting class using coffee. Coffee painting is an art from where we use real coffee to create paintings.



The shades of brown range from light to dark and the aroma of coffee lingers on your painting. No experience necessary. All supplies will be provided. **Spaces are limited. To sign up, please call (203) 452-5199.**

Monthly Birthday Party
Tuesday, May 26th
12:00 PM Lunch/12:30 PM Cake
Cost of lunch: $5—$7 Donation
Join us to celebrate this month's birthdays with lunch and cake! The cake is sponsored by Maefair Center for Health and Rehabilitation. **To reserve lunch, call (203) 452-5199 ext. 3.**

Computer Lessons w/ Cathy
Mondays at 12:30 PM
Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. Appointments can help with:

- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

Appointments required by calling (203) 452-5199.

Needlework Group: Tuesdays & Thursdays at 10:00 AM

Billiards/Ping Pong: Call (203) 452-5199 to reserve a table.

Dominoes: Tuesdays at 10:00 AM

Canasta: Tuesdays at 12:30 PM

Scrabble: Tuesdays at 10:30 AM

Pinochle: Wednesdays & Thursdays at 10:00 AM

Mahjong: Fridays at 10:00 AM

Pickleball Open Court:

- Mondays & Wednesdays: 12:30 PM—3:00 PM
- Fridays: Beginners 8:30 AM —10:00 AM & Intermediate 10:00 AM—12:30 PM

No Pickleball on 5/1

EXERCISE CLASSES ON ZOOM

Membership is required to participate. To register, please call the main office at (203) 452-5199. Zoom links will be sent via email upon registration. Zoom links will remain the same for the entire membership year.

Yoga with Jeannie
Mondays at 10:30 AM

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM (No class on 5/21)

Community Meditation with Deborah Swann
Thursday, May 21st at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

Please note that an active membership is required to participate in all programs and classes. All participants must sign in for classes at the kiosk or with the main office. Thank you!

POUND with Debbie
Mondays at 9:00 AM
Full-body exercise that combines cardio, strength training, and rhythm-based movements using lightly weighted drumsticks to perform various exercises.

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM
Zumba Gold-Toning is a low impact, providing reduced moves which addresses all the major muscle groups during a fun and easy to follow dance class.

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
A mindful class connecting your body, mind and soul through stretching, strengthening, deeper breathing and balance with a focus on getting healthy without getting hurt. Please bring a yoga mat.

Tap with Rose 8-Week Workshop
Tuesdays at 10:00 AM
April 7th—May 26th

Sit and Fit with Bobbi
Tuesdays at 10:30 AM (No class on 5/19)
This class focuses on keeping seniors active in both mind and body with safe full body exercises done in a chair. Each session is filled with positivity, fun and a touch of humor. Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM
Whether you love to dance or want to learn new dances, this is a great way to exercise and socialize!

Morning Exercise with Nancy
Wednesdays at 9:00 AM
Let's get moving with a combination of chair stretches, balance work, dance/aerobic exercises, and Zumba Gold.

Tai Chi with David
Wednesdays at 10:00 AM
Tai Chi's flowing moves, executed slowly and gracefully, improve flexibility, strength, and balance.

High-Low Aerobics & Balance with Heather
Thursdays at 9:00 AM (No class on 5/14)
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

Strength and Toning with Nancy
Thursdays at 10:15 AM
Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

Yoga Nidra with Deborah Swann
Friday, May 1st & 15th at 1:00 PM
First and Third Friday of each month.
A deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow.

Sound Healing with Tina
Friday, May 8th at 1:00 PM
Second Friday of each month
Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

Wellness Nurse Susan



NURSE APPOINTMENTS: Please call (203) 452-5134 to schedule an appointment.

THE WALKING GROUP:
Mondays from 9:30 AM—10:30 AM
Join Wellness Nurse Susan every Monday in front of Target on the 2nd floor inside the Trumbull Mall for a weekly walking group. **Please call (203) 452-5134 for more information.**

Health Tip From Wellness Nurse Susan

Trauma can impact general health because of the connection between trauma and the immune system. Post-traumatic (PTSD) occurs over time and acute stress disorder (ASD) occurs immediately (up to 4 weeks) after the trauma. Individuals who experience long responses to PTSD may have increased immune dysfunction. Therapy and other interventions early after the trauma are helpful but therapy at any time in life can be effective. Have a happy and healthy month! Nurse Susan

Support Group

GRIEF AND LOSS GROUP:
Facilitated by Melissa DiVito, LCSW. Meets the 2nd and 4th Tuesday of each month from 9:00 AM to 10:00 AM at the Senior Center—**Tuesday, May 12th & 26th**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **To join, please call (203) 452-5199.**

Mental Health

THE MARY J. SHERLACH COUNSELING CENTER



Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. Please call (203) 452-5193 for more information.

UNITED WAY
Call 211 for resources and assistance. 24 hours a day.
https://uwc.211ct.org/categorysearch/mental-health/

988 SUICIDE AND CRISIS LIFELINE
Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

Wellness Bulletin Board



Be sure to visit Nurse Susan's Bulletin located in the hallway between the Bunny Fountain Room and the Smile-A-While Auditorium for great wellness tips and information!

Trumbull's Prevention Partnership

May is Mental Health Month! Mental health is just as important as physical health, especially as we age. Staying socially active, engaging in enjoyable activities, and seeking support when needed can help maintain emotional well-being. This month is a reminder to prioritize your mind and mood.

Transportation 203-452-5137



The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems. **For more information or to view our transportation guidelines please visit: www.trumbull-ct.gov/289/Transportation-Services**

MEDICAL APPOINTMENTS: Medical appointment rides are available on Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

SENIOR CENTER: Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

VETERANS: Ask us about rides to the VA in West Haven.

Need a ride somewhere else? We provide rides to the bank, hairdresser, barbershop, or legal appointments based on availability.

See page 9 for shopping and trip information!

The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call (203) 452-5198.

ELDERLY/DISABLED TAX RELIEF PROGRAM (HOMEOWNERS)

Filing period – February 1 – May 15, 2026

Maximum Income limit for State benefit is $46,300.00 (single) and $56,500.00 (married).

Maximum Income limit for Town benefit $70,000.00 (single/married).

You may contact the Tax Assessor's office directly at (203) 452-5016 for qualification questions and filing.

EMERGENCY ASSISTANCE

Trumbull offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

JANE RYAN ELEMNTARY SCHOOL STUDENTS " LOVE" CEREAL

On Friday March 27th the entire school community came together to watch in awe as over 250 boxes of cereal lined the hallways in their first "Cereal Box Challenge" to benefit the Trumbull Food Pantry, with the gentle tap to the first box the challenge began as they fell like dominos down the hall and around the corner to roaring cheers as the final box fell successfully in the front lobby. A big thank you to Jane Ryan for their support! Check out the video:



TRUMBULL FARMERS' MARKET 2026

Opening Day of the 2026 Trumbull Farmers' Market is Thursday, June 4th. The market is located at the beautiful Twin Brooks Park facing a paved walking path with a variety of vendors from farms to hot food items.



SENIOR FARMER'S MARKET NUTRITION PROGRAM

Vouchers will be available again this season for those that meet the qualifying guidelines . The application period will begin on May 1st until September 30th and funding will become active as of June 1st and can be used until November 30th.

This season's program benefit is $40.00, which can be used for purchasing fresh fruits and vegetables, eggs and honey from local CT grown farm vendors participating in the program.

Please contact Social Services @ 203-452-5198 or email at socialservices@trumbull-ct.gov for more information and to apply for benefits.

ANNIE C COURTNEY FOUNDATION

Did you know there are over 3,400 children/teens in foster care and that there is a need for individuals to step forward and give them a home temporarily?

Attend a free two-hour Zoom information session (offered twice weekly) to learn more about how you can help. Call the Annie C Courtney Foundation at 475-235-2184 to register for an upcoming session on becoming a foster parent. By opening your heart and home, you are offering to support a child's dreams and hopes during a difficult time.

RENTERS REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1st – September 30, 2026.

The income criteria for this filing period is based on gross income for 2025.

Maximum for single household: $46,300.00

Maximum for married household: $56,500.00

For more detailed information and to schedule an appointment, please contact Social Services by calling 203-452-5198. E-mail inquiries can also be made to: socialservices@trumbull-ct.gov

FOOD PANTRY NEEDS

Help keep the food pantry stocked and ready to serve our community. No time to get to the store but would like to donate? Visit our Amazon Wish List by scanning this QR Code:

Shopping Trips

SHOPPING LOOP: The first Wednesday of every month we offer a loop shopping trip where you can choose the store to visit. Pickup time is between 9:00—9:45 AM, shop for 1 1/2 hours and then return home. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, MAY 6TH.**

ALDI/TRADER JOE'S SHOPPING TRIP: We will be rotating between Aldi and Trader Joe's each month. **This month will be a Trader Joe's trip**. Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Trader Joe's shopping date is **WEDNESDAY, MAY 13TH.**

WALMART SHOPPING TRIP: The third Wednesday of every month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour then return home. The Walmart shopping date is **WEDNESDAY, MAY 27TH.**

GROCERY SHOPPING: Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home.

Bus Trips

THE NEW YORK BEE GEES—PLAINVILLE, CT
Thursday, May 14, 2026
Cost: $137 (Checks made to Friendship Tours)
Depart the Penny Lane Lot: 10:30 AM
Estimated Return: 4:45 PM
The New York Bee Gees will feature all of the classic 70s disco hits from Stayin Alive to Night Fever while embracing their early works as well.

TRIBUTE TO GREASE—PLAINVILLE, CT
Wednesday, August 19, 2026
Cost: $137 (Checks made to Friendship Tours)
Depart the Penny Lane Lot:10:30 AM
Estimated Return: 4:30 PM
Part tribute band, part musical theatre, all the fun of the 1978 classic movie!

A TRIBUTE TO THE PLATTERS-PLAINVILLE, CT
Wednesday, December 9, 2026
Cost: $137 (Checks made to Friendship Tours)
Depart the Penny Lane Lot: 10:45AM
Estimated Return: 4:15PM
A Tribute to The Platters honors one of the greatest vocal groups of all time. This outstanding group of singers performs all of The Platters greatest hits and then some with stunning accuracy.

Leisure Trips

KEELER TAVERN—Ridgefield, CT
***Registration opens on Thurs., April 16th at 9:00AM**
Friday, May 8, 2026
Cost: $16 (does not include lunch)—CASH ONLY
Depart the Penny Lane Lot: 9:15AM
One hour tour of the museum showcasing the history of the house. Lunch in downtown Ridgefield.

FAIRFIELD THEATRE COMPANY—Fairfield, CT
***Registration opens on Friday, May 1st at 9:00AM**
Wednesday, May. 20, 2026
Cost: $24 (does not include food)—CASH ONLY
Depart the Penny Lane Lot: 10:45AM
Joanna Chang performs classical piano and music in movies soundtracks. Lunch at The Sinclair.

TRIP TO BETHEL, CT
***Registration opens on Thursday, April 30th at 9:00AM**
Friday, May 22, 2026
Cost: $4 (does not include food)—CASH ONLY
Depart the Penny Lane Lot: 10:15AM
Explore the quaint town of Bethel. A list of shops and restaurants will be provided and everyone is free to explore on their own and will meet back up at a designated time to depart.

CLOCK MUSEUM—Bristol, CT
***Registration opens on Friday, May 22nd at 9:00AM**
Friday, June 5, 2026
Cost: $14 (does not include food)—CASH ONLY
Depart the Penny Lane Lot: 9:00AM
Museum dedicated to celebrating the innovation & artistry of the American clock & watch industries. Lunch at the Parkside Cafe.

LITCHFIELD ANTIQUING—Litchfield, CT
***Registration opens on Friday, May 29th at 9:00AM**
Friday, June 12, 2026
Cost: $4 (does not include food)—CASH ONLY
Depart the Penny Lane Lot: 9:30AM
Lunch At The Corner.

Senior Center Trip Policy Reminders

For a full copy of the trip policy, please see Transportation

- **Phone reservations can be made by calling (203) 452-5137 and will be timestamped. Reservations will be taken in order of time called.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member.
- **If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.**
- Any reservations made prior to 9AM will not be eligible.
- Due to high demand, 70% of the seats will be held for Trumbull residents.

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.
Please check in for lunch by 12:30. Suggested donation of $5.00-$7.00
As long as participant fills out registration forms

All lunch specials are served with: Soup or Salad & Dessert
Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance.
Sandwiches are NOT available on special event days.

Reservation Line: (203) 452-5199 ext. 3

Reservations must be made 24 hours in advance (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before).
For holiday lunches and parties, reservations must be made a week in advance.

*Financial assistance is available. See the front office to apply. All inquiries are kept confidential.

FOOD ALLERGY WARNING:
Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

Monday, May 4th	Tuesday, May 5th	Thursday, May 7th
Chicken Francese	Shrimp Florentine	Mother's Day Celebration: Vegetable Quiche
Monday, May 11th	**Tuesday, May 12th**	**Thursday, May 14th**
Swedish Meatballs over Noodles	BBQ Chicken Thighs	Grilled Chicken Caesar Salad
Monday, May 18th	**Tuesday, May 19th**	**Thursday, May 21st**
Chicken Marsala	Tuscan Chicken	Memorial Day Celebration: Hamburger, Hot Dog or Veggie Burger
Monday, May 25th	**Tuesday, May 26th**	**Thursday, May 28th**
The Senior Center will be closed.	Roast Beef	Crab Cake

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May 2026

*All virtual programs are written in GREEN text.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Stop & Shop 10:00 8-Week Painting 10:00 Mahjong 10:45 Spring Brunch 1:00 Yoga Nidra
4 9:00 Pound 9:30 Walking at Mall 10:30 Under. Alzheimer's 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	5 9:00 Moderate Yoga 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	6 9:00 Morning Exercise 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:00 Watercolors 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	7 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Art of Home Org. 10:30 Sit and Fit 12:00 Lunch 1:00 Improv	8 8:30 Beginner Pickleball 9:00 Shoprite 9:15 Keeler Tavern Trip 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing
11 9:00 Pound 9:30 Walking at Mall 10:00 Poetry 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	12 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	13 9:00 Morning Exercise 9:00 Trader Joes 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	14 9:00 Chair Yoga 9:00 Positive Living 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Improv	15 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 4-Week Painting 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
18 9:00 Pound 9:30 Walking at Mall 10:00 Generations in Art 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	19 9:00 Moderate Yoga 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	20 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:00 Coffee Painting 10:45 Fairfield Theatre 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	21 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Floral Arrange. 12:00 Lunch 7:00 Community Med.	22 8:30 Beginner Pickleball 9:00 Shoprite 10:00 4-Week Painting 10:00 Inter. Pickleball 10:00 Mahjong 10:15 Bethel Trip
25 The Senior Center will be closed in observance of Memorial Day.  	26 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing	27 9:00 Morning Exercise 9:00 Walmart Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	28 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch	29 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 4-Week Painting 10:00 Inter. Pickleball 10:00 Mahjong 12:30 Bingo